

A scenic landscape featuring a winding, light-colored path that curves through a lush green field. The path is bordered by a simple wooden fence. The sky above is a vibrant blue with scattered, soft white clouds. The overall atmosphere is peaceful and open.

BEST LIFE

MAKING
THE REST OF YOUR LIFE
THE BEST OF YOUR LIFE

LOVE SMART

GET YOUR LOVE BACK, AMERICA

Part 2

Avoiding Communication Distortions

THINGS TO REMEMBER

- Remember “Is It More Important To Be Right Or Happy?”
- Illumination Is Only $\frac{1}{4}$ Of The Struggle - Application, Witness &, Rejuvenation Are The Other $\frac{3}{4}$

From Problem To Need Through The Middle

Problem: What is intended to be communicated is not always communicated

The Need: We must communicate well in order to have a chance in love

The Middle: Insert the step of “thoughts” into your understanding of communication

ABC Communication: Typical Thought

Someone does “A” and I therefore feel “B.”

Example: Sam shows up late for Kim’s play,
and Kim feels like breaking up.

ABC Communication: What Happened

A: Sam showed up late

B: Kim thought that if Sam loved her he would prioritize her activities, and since this has happened multiple times before, she concludes that Sam does not love her

C: Kim becomes angry and decides that it is necessary to get into a fight

ABC Communication: The 2 Part Solution

Part 1: Determine Your Thought

1. Ask yourself what actually happened
2. Remind yourself of your goal and precede in a manner that helps you achieve your goal

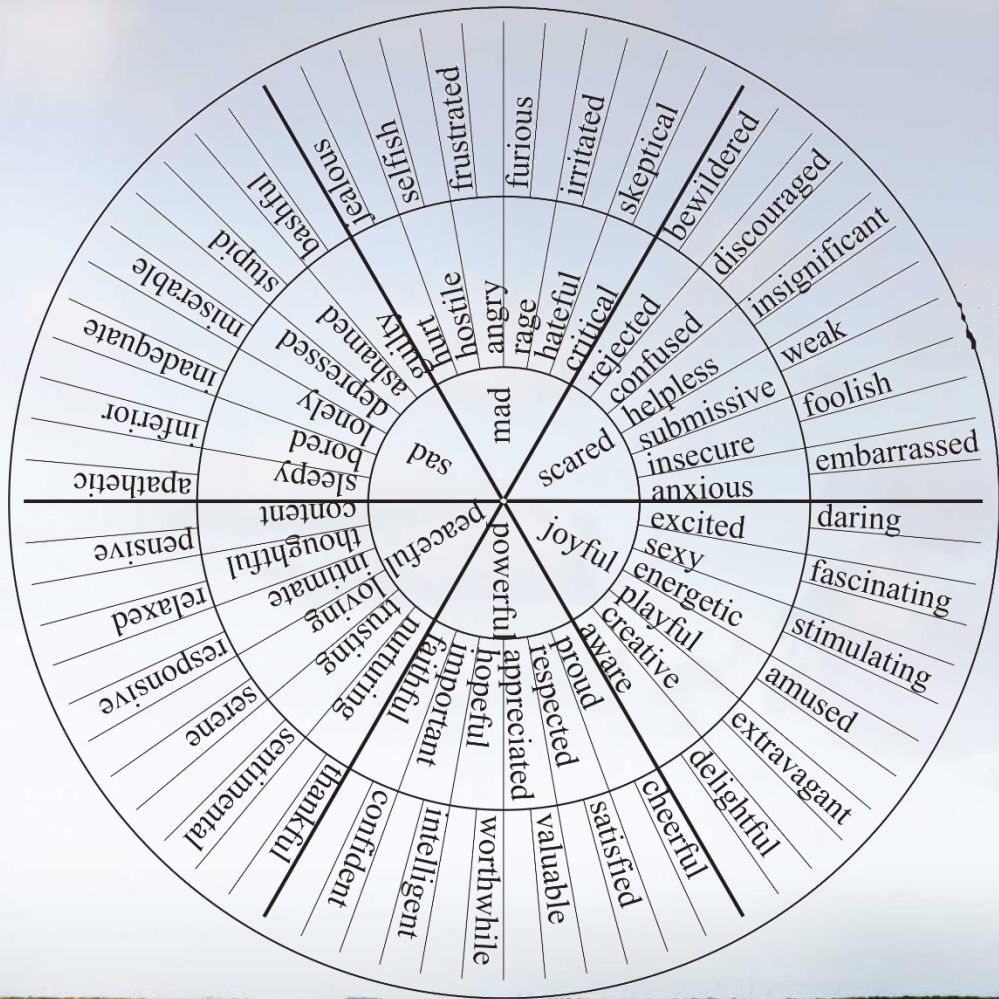
ABC Communication: The 2 Part Solution

Part 2: Use I-Statements

Definition: “I-Statements” are feeling statements. They describe your emotional response to a situation. “You-statements” are accusatory statements. They blame or accuse someone for your feelings. “You-statements” are wrong because they assume someone else can make you feel a certain way.

"I-Statements" Feelings Communication Wheel





Homework Part 1: Reflect & Correct

- Listen to yourself for times you use “you-statements” rather than “I-statements” for 2-3 days
- Reflect & Correct: return to a conversation that went wrong, and inform your partner that you would like to “have a re-do.” Enter into the conversation using “I-statements.” Journal your findings, stating how you experienced the initial conversation that went wrong versus the new conversation that went, hopefully, better. Pay attention to answer what you think could help vs. hurt.

Homework Part 2: Slow To Practice

- Listen to your heart: when you find yourself becoming aggravated with your partner, 1) pause and get the wheel, 2) begin practicing the wheel
- Reflect & Internalize: at some point before going to sleep try to think critically about your experience using the wheel before a conversation went wrong. Ask these:
 - How uncomfortable where you?
 - Did you discover anything about yourself that you had not realized? Do you see anything in your usual reaction that can be changed?
 - Did you have less tension between yourself and your partner?